# Newborn feeding & sleep tracker (day 1-14)

Pediatricians often want feed and diaper counts in the early weeks. *Track here; bring to the first pediatrician visit.*

## DAILY LOG

| DATE | FEEDS (COUNT) | WET DIAPERS | STOOL DIAPERS | SLEEP (LONGEST STRETCH) | NOTES |
|---|---|---|---|---|---|
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

### DAY-BY-DAY EXPECTATIONS (ROUGH)

- Day 1: 1+ wet, 1+ stool
- Day 2: 2+ wet, 2+ stool
- Day 3: 3+ wet, 3+ stool (transitional stool)
- Day 4-5: 4-6 wet, 3-4 stool
- Day 6+: 6+ wet, 3-4 stool (first 6 weeks)
- Per AAP — confirm with your pediatrician

*This sheet is for inspiration only. Always consult your medical team for guidance specific to your situation. Inspired Comforts is not a medical provider.*

By the Inspired Comforts editorial team · **inspiredcomforts.com**